

# Five Senses Grounding Technique

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I love this exercise because it is simple, it can be done anywhere, and it really works!

This technique is a great way to help clients come back to the present moment and find balance when she is triggered by an environmental cue or becomes emotionally flooded.

For example, when doing court advocacy you can teach a survivor how to do the grounding technique in preparation for court and dealing with the potentially anxiety provoking situation of seeing an abusive partner in court. After she learns the exercise, she can use it on her own to deal with uncomfortable emotions and fears.

This activity is from the curriculum 'Healing Trauma' by Dr. Stephanie Covington.

## Five Senses

**1. Please close your eyes or lower your eyelids.**

*Trauma survivors often have difficulty closing their eyes, so make it optional for the women to close their eyes or to leave their eyes open with their lids lowered.*

**2. Relax for a few moments. Take a few deep breaths and exhale slowly.**

**3. Open your eyes when you are ready.**

*Allow a few moments between each question that follows to allow the women time to experience what they can see, feel, hear, smell, and taste.*

**4. Silently, identify five things you can see around you.**

**5. Now identify four things you could feel or touch.**

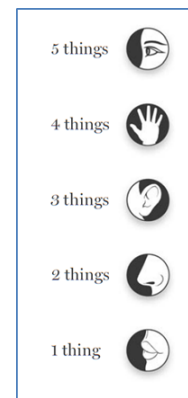
**6. Identify three things you can hear.**

**7. Now identify two things you can smell.**

**8. Finally, identify what you can taste right now.**

**\*\*Check in to see how she feels after doing this activity**

*You can provide a card as a visual reminder of the activity. It is small and can be carried anywhere and uses symbols instead of words which makes it easier to follow in high stress situations.*



FIVE SENSES CARDS



5 things



4 things



3 things



2 things



1 thing



5 things



4 things



3 things



2 things



1 thing



5 things



4 things



3 things



2 things



1 thing



5 things



4 things



3 things



2 things



1 thing



5 things



4 things



3 things



2 things



1 thing



5 things



4 things



3 things



2 things



1 thing



5 things



4 things



3 things



2 things



1 thing



5 things



4 things



3 things



2 things



1 thing



5 things



4 things



3 things



2 things



1 thing



5 things



4 things



3 things



2 things



1 thing